

WHAT TO BRING TO AN APPOINTMENT CHECKLIST

YOUR PERSONAL INFORMATION

- ☐ Photo ID (driver's license, state ID, etc)
- ☐ Insurance card(s)
- ☐ List of current medications (You can use our Medication Checklist)
- ☐ Completed forms (if provided)

HEALTH INFORMATION

- ☐ Your health history (you can use our Family History sheet)
- ☐ List of allergies, medications, food, etc.)
- ☐ Immunization records (if available)
- ☐ Recent test results (labs, imaging, etc.)

FOR YOUR CURRENT HEALTH CONCERNS

- ☐ A list of symptoms (and when they started)
- ☐ Questions you wan to ask the doctor (Use our worksheet)
- ☐ A note about how your symptoms affect your daily life
- ☐ Any relevant past treatments or surgeries

BEFORE YOU GO

- ☐ Check your appointment time and location
- ☐ Confirm if you need to fast or prepare in any way
- ☐ Bring a family member or support person (if needed)
- ☐ Leave extra time for parking and check-in

ADDITIONAL ITEMS (IF APPLICABLE)

- ☐ Vision or hearing aids
- ☐ CPAP machine or other medical equipment
- ☐ Glucose monitor or other health devices
- ☐ Forms for work, school, or insurance (if needed)